



## SEAMEO-ACC SPORTS EDUCATION INNOVATION AWARD

### 2<sup>ND</sup> PRIZE (ELEMENTARY SCHOOL CATEGORY) SJK Jalan Khalidi (Malaysia) *1 Student 1 Sport*

#### A. Summary

SJK Jalan Khalidi is located in rural, remote area and has limited opportunities and resources. However, school sports is considered an important program of the school. Through the One Student, One Sport (“1 murid 1 sukan”), the school ensures that all students are involved in sports including special students and remedial students.

The 1 Student, 1 Sport program includes among others:

- Daily physical activity;
- Evaluating and reflecting on the games of others
- Annual sports competitions
- Kids athletics and creation of their own games;
- Health and sports talk for 8 minutes from January to September each year;
- Special coaching for football, netball and badminton;

Strategies of the sports program includes: 20 minutes of sustained moderate to vigorous physical activity every day; planned and adapted, as appropriate, activities that ensure students with special needs can participate and warm and cool-down activities.

#### B. Objectives

The sport program aims to:

1. Provide a forum for young people to learn how to deal with competitions and how to cope with both winning and losing;
2. Improve students’ knowledge and skills and learn strategies of their game; and
3. Encourage lifelong learning participation in physical activity

#### C. Results/Outcomes

Project showed positive outcome among students, active involvement and motor skills enhancement. Likewise students get to meet new people during competitions, giving them a chance to know the world. They also gained knowledge about culture, customs and habits of others.

The program also contributed to addressing discipline problems of students. Joining sports, teams and students learn respect for rules, regulations and authorities. Students also became more responsible and accountable to their actions.